

ABSTRACT OF THE DISCLOSURE

An information recording and reproducing system comprises a host device, and an information recording and reproducing device connected with the host 5 device via a host interface. The host device includes a control-command issuing unit issuing a control command to the information recording and reproducing device. The control command causes a data-recording interrupting-resuming unit of the information recording 10 and reproducing device either or not to perform the interruption and resumption of the recording. The information recording and reproducing device includes a data-recording interruption-resumption control unit controlling the data-recording interrupting-resuming 15 unit either or not to perform the interruption and resumption of the recording, according to the control command received from the host device. The interruption and resumption of the recording is performed by linking an end point of data upon the interruption with a start 20 point of the data upon the resumption so as to maintain a continuity of the data.